

**Aphasia Café
Newsletter
June 2023**



aphasia
nova scotia



Cape Forchu Lighthouse in Yarmouth, Nova Scotia

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May Aphasia Café Updates

May Online Aphasia Café

There was an **online Aphasia Café** on **May 17th**.

The theme was **Home Sweet Home**. We had **7 people** attend. They talked about **where people grew up/where people currently live**, What they

like to do where they live and recommendations for people visiting.



May In-Person Halifax Aphasia Café

There was no **in-person Aphasia Cafe** this month. See everyone at the **June cafe!**



May Annapolis Valley Aphasia Café



Future Aphasia Café Information

There will be an **In-person Halifax Café** on **June 20th** at **6:30-7:30pm** at the **Needham Recreation Center**.

The topic is still to be determined.

The next **Online Aphasia Café** will

be on **June 21st** at **6pm**. The theme is to be determined. The **Zoom information** is included below:

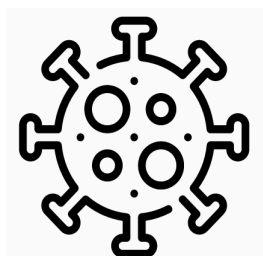
Link: <https://us02web.zoom.us/j/84375383441>



Annapolis Valley Aphasia Café will likely be held **April 2nd** at **2pm** at the **Miner's Marsh** in **Kentville**. Refreshments and **light snacks** will be provided.



There will continue to be **no in-person events** in **Dartmouth, Antigonish, Sydney** at this time.



Upcoming Local Events



Join the **NS Stride Makers** team for a fun-filled time with entertainment, games, refreshments, and prizes. As we raise awareness & funds to support our personalized stroke recovery program in Atlantic Canada. The After Stroke program helps stroke survivors and their families navigate the path forward after a stroke.

Saturday, June 24th, 2023

11-1 @ the Emera Oval in Halifax NS

Get ready to Step Up.

Register at stepupforstroke.ca

Want to learn more about the After Stroke Program, contact: Haylee Nauss 902-219-0970 or hnauss@marchofdimes.ca

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Upcoming International Aphasia Events



aphasia cafe
video chats for
people with aphasia | caregivers | professionals

July 19 at noon ET

TOPIC: What are your favorite summer activities?



National
Aphasia
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-favorite-summer-activities/>



- **Empowering** individuals with Aphasia to **find their voice** and **connect with others** through music.

- Visit <https://singaphasia.com> for more **information**.

Local Research Opportunity

Researchers at the **IWK Health Centre**, located in Nova Scotia, need **caregivers of acquired brain injury survivors** living in Canada to share their **experiences** by participating in an online study. To participate, visit: <https://tinyurl.com/caringforwardsignup>

If you care for a loved one with an **acquired brain injury** and live in Canada, you may be eligible to take part. The person you care for could be a child, a parent, a spouse, a friend, a sibling, or a relative. For more information, visit our website: <https://www.caringforward.ca/>

YOU CAN MAKE A DIFFERENCE FOR CAREGIVERS OF ACQUIRED BRAIN INJURY SURVIVORS!

We need caregivers of acquired brain injury survivors living in Canada to share their experiences by participating in an online study.

The information we receive will be used to create resources and programs that support caregivers and improve well-being. To thank you for your time, you may be invited to try the new programs and resources as they are created!

Participate now for a chance to WIN a \$100 gift card!



i For more information, visit our website:
<https://www.caringforward.ca/>

+ To participate, visit:
<https://tinyurl.com/caringforwardsignup>

? Have questions? Contact us toll-free at 1-887-341-8509 (ext. 8 or 9) or email us at caringforward@iwk.nshealth.ca

REB#1025253
REB#1025568





Five Pieces of GOOD NEWS From May

1. Scotland has started the UK's first Bee Therapy Retreat. The buzzing of the bees can help calm our nervous systems, and can be beneficial for relaxation. The buzzing is also said to promote positive energy, and is being tested for benefiting individuals with post traumatic stress disorder.
2. During the month of May, the gateway arch in Missouri turns off its lights. This is done to encourage safe migrations for the birds. This helps the birds travel safely without light pollution.
3. Four chimpanzees were rescued from unsafe conditions in a United States zoo. After being kept in small indoor areas, they have now been released to a welcoming "Save the Chimps" sanctuary in Florida. After they arrived, they were witnessed sharing loving moments and excitement of their new home!
4. Greece has now implemented 287 wheelchair friendly beaches! All of these beaches now have self operating ramps that allow wheelchair users to wheel themselves into the water without any additional assistance.
5. A world wide study has shown that humans may be nicer than we thought. All over the world it is found that humans help one another out with small tasks once every 2 minutes! People are more likely to offer help than to turn their back on someone!

Bird Trivia

- 1. How many known species of birds are there?**
 - a. 5000
 - b. 10000
 - c. 20000

- 2. What is a group of owls called?**
 - a. Brood
 - b. Herd
 - c. Parliament

- 3. Which bird has the longest lifespan?**
 - a. Ostrich
 - b. Parrott
 - c. Swan

- 4. One ostrich egg is equivalent to the weight of how many chicken eggs?**
 - a. 6
 - b. 24
 - c. 12

- 5. What is the largest known parrot vocabulary?**
 - a. 1728 words
 - b. 756 words
 - c. 1354 words

Bird Trivia Answers

1. How many known species of birds are there?

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Bird Word Search

K	Z	U	L	S	D	O	B	F	L	B	O	S	F	C	T	L	H	R	Z
Y	T	F	A	Y	C	A	B	L	K	W	V	B	H	Y	X	K	V	F	U
A	C	P	D	A	J	O	N	Y	W	O	G	E	L	A	X	Q	T	A	H
M	Q	A	I	C	G	O	V	F	A	R	B	E	A	W	V	S	Z	Z	D
Y	N	B	T	N	V	I	K	Z	B	C	N	O	N	Y	O	F	A	Y	M
Z	N	X	F	F	Y	I	D	O	V	E	R	U	C	K	C	F	X	J	E
H	B	G	V	R	N	I	J	P	Y	U	G	F	B	A	E	H	Y	T	W
Q	V	D	V	M	J	C	R	S	O	V	T	H	R	S	Z	H	Z	L	K
O	G	C	R	C	D	R	W	E	Y	F	K	D	F	Y	Q	S	W	A	N
H	L	O	W	W	L	J	B	A	U	C	I	G	B	X	D	H	T	H	V
P	K	Q	F	K	A	Q	C	G	M	N	N	I	E	F	D	C	P	O	L
Q	G	R	W	I	A	U	O	U	A	N	G	J	W	V	R	N	A	I	H
M	E	G	I	N	D	O	W	L	H	T	F	R	B	Z	B	I	R	F	I
S	K	J	D	U	Y	K	B	L	D	U	I	X	W	W	D	F	T	N	M
U	P	U	R	Z	L	A	C	T	M	H	S	Q	R	B	M	Y	C	D	C
O	K	A	L	Y	D	A	O	Y	Z	M	H	I	F	D	Y	H	J	X	F
L	X	M	R	O	R	R	E	A	G	L	E	C	K	U	T	G	Q	A	M
V	B	P	J	R	R	A	N	O	J	T	R	H	C	Z	H	W	H	F	I
F	U	S	H	A	O	D	C	X	L	W	X	C	C	H	X	N	N	R	P
B	C	V	P	K	K	W	B	G	X	P	C	P	B	L	U	E	J	A	Y

Bird Word Search List

Blue Jay



Cardinal



Crow

Dove



Eagle

Finch

Kingfisher

Owl



Parrott

Seagull

Sparrow

Swan



Bird Word Search Answers

K	Z	U	L	S	D	O	B	F	L	B	O	S	F	C	T	L	H	R	Z
Y	T	F	A	Y	C	A	B	L	K	W	V	B	H	Y	X	K	V	F	U
A	C	P	D	A	J	O	N	Y	W	O	G	E	L	A	X	Q	T	A	H
M	Q	A	I	C	G	O	V	F	A	R	B	E	A	W	V	S	Z	Z	D
Y	N	B	T	N	V	I	K	Z	B	C	N	O	N	Y	O	F	A	Y	M
Z	N	X	F	F	Y	I	D	O	V	E	R	U	C	K	C	F	X	J	E
H	B	G	V	R	N	I	J	P	Y	U	G	F	B	A	E	H	Y	T	W
Q	V	D	V	M	J	C	R	S	O	V	T	H	R	S	Z	H	Z	L	K
O	G	C	R	C	D	R	W	E	Y	F	K	D	F	Y	Q	S	W	A	N
H	L	O	W	W	L	J	B	A	U	C	I	G	B	X	D	H	T	H	V
P	K	Q	F	K	A	Q	C	G	M	N	N	I	E	F	D	C	P	O	L
Q	G	R	W	I	A	U	O	U	A	N	G	J	W	V	R	N	A	I	H
M	E	G	I	N	D	O	W	L	H	T	F	R	B	Z	B	I	R	F	I
S	K	J	D	U	Y	K	B	L	D	U	I	X	W	W	D	F	T	N	M
U	P	U	R	Z	L	A	C	T	M	H	S	Q	R	B	M	Y	C	D	C
O	K	A	L	Y	D	A	O	Y	Z	M	H	I	F	D	Y	H	J	X	F
L	X	M	R	O	R	R	E	A	G	L	E	C	K	U	T	G	Q	A	M
V	B	P	J	R	R	A	N	O	J	T	R	H	C	Z	H	W	H	F	I
F	U	S	H	A	O	D	C	X	L	W	X	C	C	H	X	N	N	R	P
B	C	V	P	K	K	W	B	G	X	P	C	P	B	L	U	E	J	A	Y

Banana Pancake Recipe



Ingredients

1. 1 ½ cups of all purpose flour
2. 2 tablespoons sugar
3. 2 ½ tea spoons baking powder
4. ½ teaspoon salt
5. 1 small overripe banana, peeled
6. 2 large eggs
7. 1 cup milk
8. ½ teaspoon vanilla
9. 3 tablespoons unsalted butter, melted

Instructions

- **Whisk flour, sugar, baking powder and salt together in a medium bowl**
- **In a separate bowl, mash the banana with a fork**
- Whisk eggs into the banana, then add milk and vanilla to bowl, whisk to combine
- **Add banana mixture and butter to flour mixture, stir until just combined**
- **Set frying pan on stove on medium heat**
- **Spoon $\frac{1}{4}$ cup of mixture onto frying pan, flipping after 2 minutes until cooked. Repeat with all batter**
- **Serve with maple syrup, whip cream, or fresh berries!**